



Programs and Activities

The Caswell Senior Center Special Interest Programs and Activities are open to adults, ages 55 and older. Senior Center related programs may have other age requirements. Please call the Senior Center at 336-694-7447 for additional information on any of the programs and activities listed below.

Health and Fitness programs on nutrition, exercise, and subjects that promote health and fitness are scheduled during the year. Health screenings are offered on a regular basis. In addition to weekly exercise classes, there is an exercise equipment room featuring treadmills, bicycles, and a weight machine. The fitness room is open during normal operating hours for those 55+ years of age.

Educational Events to promote life-long learning are offered on topics of interest to older adults. These are led by professionals as well as volunteers from throughout the community.

The Computer Room is open during normal operating hours and offers internet connections. A computer class is offered on a weekly basis. The class welcomes beginners and those wishing to sharpen their computer skills, and features one on one instruction.

Arts and Crafts classes and workshops are held on a regular basis. Many are free, for some there is a nominal charge. Classes may include painting, basketry, ceramics, woodcrafts and needlework.

The **Crochet Club** meets on a weekly basis and is open to any who love to crochet or who would like to learn this craft.

The **Senior Clef Choir** meets on a weekly basis and welcome any singers to join them.

The **Men's Choir** meets once a week in the evenings.

The **Scrapbook Club** meets monthly to share creative ideas for preserving those special memories.

Caswell Senior Games are fitness activities that culminate with athletic and arts competition.

Caregiver Support Program

The goal of the Caregiver Support Program is to offer information, access to information and services, and support to caregivers of Caswell County. A support group meets monthly.

Golden Friends

The Congregate Nutrition Program's Golden Friends meets each weekday at 10:30 am at the Senior Center and on Tuesdays and Thursdays at 10 am at the Pelham Community Center. A variety of activities such as rook, dominoes, arts and crafts, field trips, nutrition and health programs, and other special events are offered. Lunch follows the program. Residents who are age sixty and older are eligible to join.